

One-Pot Moroccan Beef & Veggie Pilaf Rice

with Yoghurt & Roasted Cashews

Grab your meal kit
with this number

29



Beef Mince



Soffritto Mix



Moroccan Curry
Paste



Garlic Paste



Chermoula Spice
Blend



Jasmine Rice



Beef-Style
Stock Powder



Baby Leaves



Greek-Style
Yoghurt



Crushed Roasted
Cashews




Peeled
Prawns



Pork
Mince

Prep in: **10-20** mins
Ready in: **35-45** mins

 Calorie Smart

One pot cooking isn't just convenient, it's also full of lots of lovely flavours as everything comes together. Take a beef and veggie pilaf, the Moroccan and chermoula spices melt in the bowl. One irresistible and easy dinner coming right up!

Pantry items

Olive Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beef mince	1 medium packet	2 medium packets OR 1 large packet
soffritto mix	1 medium packet	1 large packet
Moroccan Curry Paste	1 medium packet	1 large packet
garlic paste	1 small packet	1 medium packet
chermoula spice blend	1 medium sachet	1 large sachet
jasmine rice	1 medium packet	1 large packet
boiling water*	1¼ cups	2½ cups
beef-style stock powder	1 large sachet	2 large sachets
baby leaves	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet
crushed roasted cashews	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2538kJ (607Cal)	614kJ (147Cal)
Protein (g)	36.1g	8.7g
Fat, total (g)	30.5g	7.4g
- saturated (g)	10.8g	2.6g
Carbohydrate (g)	47g	11.4g
- sugars (g)	14.6g	3.5g
Sodium (mg)	2135mg	516mg
Dietary Fibre (g)	4.7g	1.1g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the beef

- Boil the kettle.
- In a large saucepan, heat a drizzle of **olive oil** over high heat. Cook **beef mince**, breaking up with a spoon, until just browned, **4-5 minutes**.



Cook the pilaf

- Add **jasmine rice** to the saucepan and stir to coat. Add the **boiling water** (1¼ cups for 2 people / 2½ cups for 4 people) and **beef-style stock powder**, stir, then bring to the boil.
- Cover with a lid and reduce heat to medium-low. Cook for **10 minutes**, then remove pan from the heat and keep covered until rice is tender and water is absorbed, **10-12 minutes**.
- When the rice is done, gently stir through **baby leaves**.

TIP: The rice will finish cooking in its own steam so don't peek!



Add the aromatics

- Add **soffritto mix** and cook, stirring until tender, **3-4 minutes**.
- **SPICY!** The curry paste is spicy so use a little less if you prefer your pilaf mild. Add another drizzle of **olive oil**, the **Moroccan curry paste**, **garlic paste** and **chermoula spice blend** and cook, stirring, until fragrant, **1-2 minutes**.



Serve up

- Divide one-pot Moroccan beef and veggie pilaf rice between bowls.
- Dollop with **Greek-style yoghurt**.
- Sprinkle over **crushed roasted cashews** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW26



CUSTOM OPTIONS



SWAP TO PEELED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes. Return to pan with baby leaves.



SWAP TO PORK MINCE

Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

